

## Italian stew is filled with sea favorites

### ITALIAN FISH STEW

An adaptation of a beautiful stew-like soup inspired from a recipe by the late Waverly Root.

- 1 1/2 lb. flounder filets (or sole)
- 1 1/2 lb. red snapper filets
- 5 tablespoons Italian olive oil
- 1/2 cup dry wine (Burgundy or Chablis)
- 1 onion diced
- 2 cloves garlic, finely minced
- 1/2 cup fresh parsley, finely minced
- 1/2 cup tomato paste
- 3 tablespoons red wine vinegar (not Balsamic)
- 2 cups hot water
- salt and pepper to taste

Clean fish and cut into large chunks. Heat oil in large saucepan, when hot add onion and saute until golden; add garlic and lightly brown, then remove from pan and set aside. Add fish to pan and brown lightly. Return onion and garlic to pan and simmer 20 minutes. Add parsley, tomato paste, vinegar, water and wine; simmer until fish is tender. Correct seasonings. Serve hot.

### PESCE LESSO

- A northern Italian fish specialty
- 2 tablespoons chopped parsley
- 1 clove garlic, minced
- 1 leek, chopped (white part only)
- 1 carrot, chopped
- 3 large mushrooms, sliced
- 3 tablespoons olive oil
- 1 1/2 lb. fish filets (flounder, snapper, pike or sole)
- 2 tablespoons dry Madeira or dry Marsala
- 1/2 cup clam juice
- 1/2 teaspoon dry basil
- 1/2 teaspoon marjoram
- pinch thyme
- pinch ground allspice
- salt and pepper to taste
- Lemon wedges and parsley sprigs for garnish

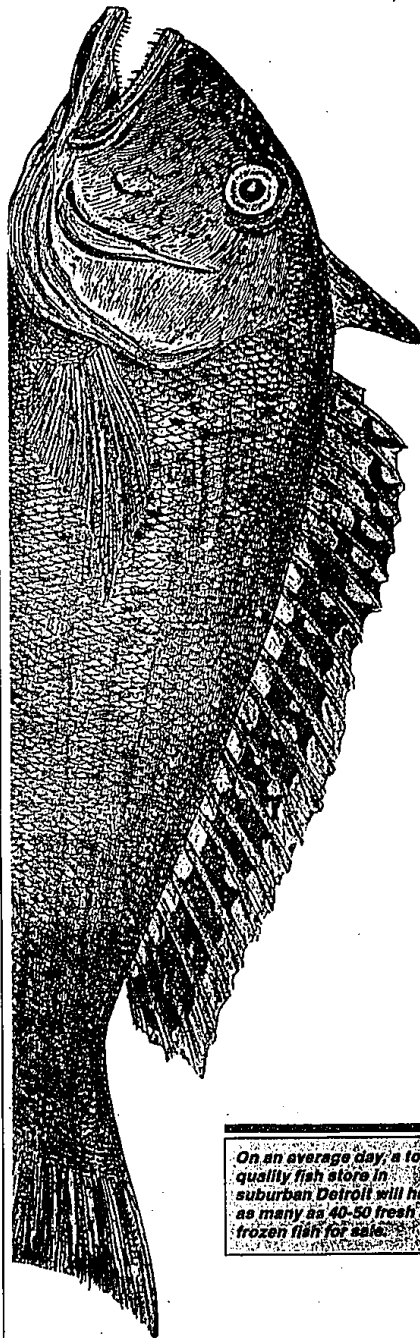
Preheat oven to 450 degrees. Oil a 13 by 9 inch glass dish or casserole dish. Lightly brown, leek, carrot and mushrooms in oil, place in bottom of baking dish, spread evenly.

Arrange fish filets on top of bed of vegetables. Season with herbs, garlic, wine and clam juice. Cover fish with an oiled sheet of aluminum foil or parchment paper, tucking paper into dish. Bake in a preheated oven for 10 to 14 minutes depending on the thickness of the fish. When tender remove filets to serving plate, strain juices and add 1 tablespoon of butter if needed. Pour juices over fish and garnish with lemon and parsley.

### SCAMPI ITALIANA

- 12 Scampi shrimp, cleaned
- 1/2 cup flour
- salt, pepper and ground allspice
- 3 cups olive oil
- 1/2 carrot, chopped
- bay leaf
- 1 tablespoon chopped shallots
- 4 tablespoons butter or margarine
- 2 cups California Chablis
- 3 tablespoons chopped chives
- 1/2 teaspoon thyme

Rinse and pat dry shrimp. In a deep skillet or wok, heat oil to 350. Dredge shrimp in flour with salt and pepper. With a strainer add 4-5 shrimp to hot oil and cook until shrimp curls. Continue with remaining shrimp, remove and drain on paper towels. Set aside and keep warm. In a saucepan, heat wine and carrot and shallots and reduce until 1 cup of wine is left. Add shrimp and herbs, heat 1-2 minutes. Remove bay leaf, add butter, stirring gently. When shrimp is hot, remove from pan and arrange on serving platter, garnish. Strain sauce, season to taste and pour onto shrimp. Serve with a risotto, pilaf or salad.



On an average day, a top quality fish store in suburban Detroit will have as many as 40-50 fresh and frozen fish for sale.

## Boning up on

# FISH

## that's fresh !

By Geri Rinschler  
special writer

Ask any professional cook for a few quick tips on cooking fish and he or she often will hesitate or even change the subject entirely.

Fish cookery may not be a subject that can be explained in five minutes. Don't let that discourage you. With some advice from an expert, a few tried-and-true recipes and shopping tips and guidelines, preparing fish at home will be a breeze.

Rule number one is to buy fresh fish. The best way to assure freshness is to shop at a reputable, quality fish market. On an average day, a top quality fish store in suburban Detroit will have as many as 40-50 fresh and frozen fish for sale. A reliable fish dealer is not only the best guarantee of quality but also the best person to advise the consumer on the specific cooking characteristics.

The Dean family, owner of Superior Fish Co. in Royal Oak, has a quality policy, which is the cornerstone of its business. John Dean, father and founder of the operation, began his business some 40 years ago with two partners who have since retired.

His sons, Kevin, David and Michael, all gave up the professional world to join the family business. The Dean family travels all over the world, throughout the year, visiting fish farms and fish brokerage firms who supply its market.

FIVE TONS of fresh fish are delivered daily to Superior Fish to fill the orders of its demanding wholesale-retail business. Kevin Dean said, "Fresh fish is delivered every day. There is no fish in here two to three days old — that is, two to three days out of the water."

Kevin recommends, when selecting fish, "Don't buy anything that has a strong, repulsive odor. Truly fresh fish has a firm flesh, with clear eyes and bright shiny gills."

Some varieties of fish are shipped frozen because of their perishable nature. Freezing does change the texture of fish somewhat but allows the consumer to enjoy varieties otherwise impossible.

Fish cooking techniques, although similar to meat cooking, follow a different set of rules. Unlike meat, long cooking times usually will toughen fish. Although some fishery departments have established cooking time charts for fish according to thickness, these should be considered as guidelines and not followed religiously. When cooking frozen fish, first defrost the fish in the refrigerator, slowly.

THERE ARE dozens of varieties of fresh-water fish, which grow in both the inland waters of North America and on fish farms. Since their habitat varies, so does their fat content and flavor.

Often the cooking guidelines to follow are rule of thumb, the fish with the lighter flesh have a lighter fat content than the darker-flesh fish.

Lean fish such as haddock, halibut, sole and fluke are more delicate in flavor and also dry out faster when cooked. Cooking techniques which employ more moisture, such as poaching and sauteing, are generally recommended for the leaner fish. Dry-heat techniques, such as grilling, broiling and baking, are recommended for the higher-fat-content fish such as swordfish, tuna, mackerel and salmon.

Plan your menu, keeping in mind that a specific fish variety may not always be available. Other fish varieties often may be substituted, with some advice from a fish market.

TRENDY FISH such as orange roughy may be sauteed in a skillet on top of the stove as well as "dry poached," as described in the recipe given for Pesce Lesso. Fresh tuna and shark, which are growing in popularity, may be grilled, or "dry poached."

Buying shellfish is not quite as easy as selecting flatfish. For example, the color of raw shrimp is determined by the diet and habitat and does not indicate freshness. The presence of an iodine smell varies as well. When buying frozen shellfish, make sure there are no dull white patches from freezer burn.



BOB MCKEOWN

Kevin Dean of Superior Fish Co. in Royal Oak displays fresh fish.

## Fish markets

**SUPERIOR FISH CO.**  
309 E. 11 Mile  
Royal Oak  
phone 541-4632

**PLYMOUTH FISH CO.**  
578 Starkweather  
Plymouth  
phone 455-2830

**MUIRWOOD SEAFOOD MARKET**  
3558 Grand River  
Farmington  
phone 476-3770

**POMEROY'S SEAFOOD CO.**  
6335 Orchard Lake Road  
West Bloomfield  
phone 625-7595

## Kitchen 'helpers' more a hindrance

Hopefully, by now, the last pine needle has been vacuumed from the rug and everything you received for the holidays has been tried on, taken back or put into use. This holiday season saw an onslaught of poorly designed and semi-useless kitchen paraphernalia — kitchen stuff that was destined for the garage sale even before it was moved from under the tree to being buried in a hidden kitchen cabinet.

You know what I'm talking about, the pseudo-junk that Aunt Kay and Uncle Hank sent you from Arizona. It's supposed to cut, slice, chop, shred, dice, mince, puree and mix and comes with six handy attachments that can only be used with a 22-page instruction manual.

I still can't believe that Momma requested I "take back" her Cuisinart and get her "something smaller." This "smaller" food processor (Sunbeam's Oskar) spews cabbage all over her counter, and she still hasn't figured

taste buds

chef Larry  
Janes



out how to install the chopping blade.

MOMMA IS NOT a functional illiterate. Granted, she disdains reading extensive instruction manuals and was swayed into "needing" a smaller food processor by the television claims showing a 112-pound model, who hasn't seen the likes of a Kool-Aid-encrusted refrigerator shelf, using the Oscar with ease.

I am not saying that the Sunbeam Oskar is a bad appliance. It is my professional opinion, however, that it lacks the ability, power and agility to perform a mixed array of kitchen tasks without nearly dismantling it.

The same goes for what seemed to be an interesting-sounding kitchen gadget that crossed my counter this winter. It's called the Donvier Shakermaker. It professes that you can make and enjoy a delicious thick shake in just 20 seconds.

If you read the instruction manual, it recommends that: a) The milk be well chilled before beginning and, b) the fruit be shredded or finely pureed before adding. Either Donvier doesn't know how to tell time or I'm having somewhat of a problem getting my cow to spew forth colder milk.

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